



# SCHEDULE OF ACTIVITIES

## 2019 YMCA NATIONAL LC SWIMMING CHAMPIONSHIP

---

### PRE-MEET ACTIVITIES

<b>12:00 Midnight</b>	<b>07/01 (Monday) Deadline for Team and Coach Annual Registration</b>
<b>5:00PM</b>	<b>07/22 (Monday) Championship Entry Submission Deadline</b>
<b>5:00PM</b>	<b>07/22 (Monday) Time Trials Online Entries Deadline</b>
	07/24 (Wednesday) Notification to Teams of Timer Requirements
	07/25 (Thursday) Notification to Teams selected for Proof of Times
	07/25 (Thursday) Deadline for Advance Ticket Sales
11:59PM	07/27 (Saturday) Entry Certification Form FAX Deadline
	07/27 (Saturday) Deadline for Officials Pre-registration
<b>11:59 PM</b>	<b>07/28 (Sunday) Additional Entry Submission Deadline</b>
10:00AM-9:00PM	07/29 (Monday) Pool open for YMCA Swimmers – 50 meter pool only



# SCHEDULE OF ACTIVITIES

## 2019 YMCA NATIONAL LC SWIMMING CHAMPIONSHIP

### START OF DAY 1 - TUESDAY CHECK-IN DAY

*Evening's Event: Women's 200 Meter Freestyle Relay (preliminary heats)*

*Evening's Event: Men's 200 Meter Freestyle Relay (preliminary heats)*

*Evening's Event: Women 1500M Freestyle (fastest to slowest) alternating Women & Men*

*Evening's Event: Men 1500M Freestyle (fastest to slowest) alternating Women & Men*

6:00AM-3:30PM

**COACHES:** Pool Open exclusively for Meet Swimmers and Coaches-

9:00AM

**SWIMMERS:** Athlete Village Open for Team Move-in – Level 0: WEST gym

9:00AM-1:00PM

**OFFICIALS:** Level I Officials Training – Location TBD

9:00AM-1:00PM

**OFFICIALS:** Level II Officials Training - Location TBD

9:00AM-1:00PM

**SPECTATORS:** Spectator Pre-order Ticket Pick up – Level 1: Spectator Entrance

9:00AM-1:00PM

**COACHES:** Team, Coaches Check-in – Level 0: WEST GYM

**9:00AM - 1:00PM**

**COACHES: Scratch Table Open for Day 1 Events - Level 0: WEST GYM**

**9:00AM - 5:00PM**

**COACHES: Scratch Table Open for Day 2 Events - Level 0: WEST GYM**

9:00AM-2:00PM

**OFFICIALS:** Officials Check-in – Level B: AP Class Room (Swimmer entrance – left inside)

1:15PM-2:00PM

**COACHES:** New Coaches Meeting – Level 2: Training Room (ERC2113)

2:00PM-3:00PM

**COACHES:** All Coaches Meeting – Level 2: Training Room (ERC2113)

2:45PM-3:15PM

**OFFICIALS:** New Officials Meeting – Level B: AP Class Room (Swimmer entrance – left inside)

3:30PM-4:30PM

**OFFICIALS:** Mandatory Officials Briefing – Level B: AP Class Room (Swimmer entrance – left inside)

### 4:00PM

### Evening - Day 1

3:30PM-5:00PM

**COACHES:** Competition Pool Open for Evening Competition warm-up

4:00PM-6:00PM

**COACHES:** Team, Coaches Check-in – Level 0: WEST GYM

4:00PM

**SPECTATORS:** Stands Opens for Spectators - Level 1

4:00PM

**COACHES:** Relay table open - Level B – Room across from instructional pool

4:00PM-5:00pm

**COACHES:** Scratch Table Open – Level B – Room across from instructional pool

4:00PM-7:00PM

**SPECTATORS:** Spectator Ticket Sales/Pre-order Pickup – Level 1: Spectator Entrance

5:00PM

**ALL:** Clear Pool & Devotion and National Anthem

**5:15PM**

**ALL: EVENING COMPETITION START**

6:00PM-end of session

**OFFICIALS:** Check-in - Officials Room - Level B: AP Class Room (Left of Swimmer entrance)

**8:00PM**

**ALL: Estimated Session End Time**



# SCHEDULE OF ACTIVITIES

## 2019 YMCA NATIONAL LC SWIMMING CHAMPIONSHIP

### START OF DAY 2 - WEDNESDAY

*Day's Event: Women's 200 Meter Freestyle Relay (Finals Only)*

*Day's Event: Men's 200 Meter Freestyle Relay (Finals Only)*

*Day's Event: Women's 200 Meter Backstroke*

*Day's Event: Men's 200 Meter Backstroke*

*Day's Event: Women's 100 Meter Butterfly*

*Day's Event: Men's 100 Meter Butterfly*

*Day's Event: Women's 200 Meter Breaststroke*

*Day's Event: Men's 200 Meter Breaststroke*

*Day's Event: Women's 400 Meter Medley Relay*

*Day's Event: Men's 400 Meter Medley Relay*

- 6:00AM-8:15AM **COACHES:** Competition Pool Open for Prelims Warm-up
- 7:00AM-11:00AM **COACHES:** Team, Coaches, College Coaches Check-in – Level 0: WEST GYM
- 7:00AM-11:00AM **SPECTATORS:** Pre-order Ticket Pickup – Level 1: Spectator Entrance
- 7:00AM-11:00AM **SPECTATORS:** Ticket Sales – Level 1: Spectator Entrance
- 7:00AM **SPECTATORS:** Stands Opens for Spectators - Level 1: Spectator Entrance
- 7:15AM **OFFICIALS:** Officials & Timers Meeting & Officials Check-in-Level B: AP Class (Officials) Room
- 7:30AM-10:00AM **COACHES:** Time Trial Table Open – Level B: Room across from instructional pool
- 7:30AM **COACHES:** Relay Table Open - Level B: Room across from instructional pool
- 7:30AM **COACHES:** Scratch Table Open - Level B: Room across from instructional pool
- 8:15AM **ALL:** Clear Pool & Devotion and National Anthem
- 8:30AM ALL: PRELIMS START**

### TIME TRIALS START - 30 Minutes After Prelims

#### Scheduled Time Trial Events

200 Meter Backstroke; 100 Meter Butterfly; 200 Meter Breaststroke; 100 Meter Backstroke  
 200 Meter Freestyle; 400 Meter IM; 50 Meter Breaststroke

### 4:00PM Evening - Day 2

- 3:45PM **COACHES:** Pool Opens for Finals Warm-up
- 4:00PM-7:00PM **SPECTATORS:** Pre-order Ticket Pick up - Level 1: Spectator Entrance
- 4:00PM-7:00PM **SPECTATORS:** Ticket Sales - Level 1: Spectator Entrance
- 4:00PM **SPECTATORS:** Stands Opens for Spectators - Level 1: Spectator Entrance
- 4:00PM **COACHES:** Relay Table, Time Trials Table Open - Level B: Room across from instructional pool
- 4:00PM-5:00pm **COACHES:** Scratch Table Open Level B: Room across from instructional pool
- 4:00PM **OFFICIALS:** Officials/Timers Meeting & Officials Check-in - Level B: AP Class (Officials) Room
- 4:00PM-6:00PM **COACHES:** Team, Coaches, College Coaches Check-in – Level 0: WEST GYM
- 4:30PM **SWIMMERS:** Assembly for Opening Ceremonies - Athlete Village- Level 0: WEST GYM
- 4:45PM **SWIMMERS:** Clear Competition Pool
- 4:45PM ALL: OPENING CEREMONIES - PARADE OF ATHLETES**
- 5:00PM **ALL:** Devotion and National Anthem
- 5:15PM ALL: FINALS START WITH C, B, A HEATS**
- 5:15PM **ALL:** Finals of Women and Men 200 Freestyle Relay
- **ALL:** Awards of the 1500 Freestyle from previous day - Women prior to awards for women  
 200 free relay, men prior to awards for men 200 free relay
- 8:20PM ALL: Estimated Session End Time**



# SCHEDULE OF ACTIVITIES

## 2019 YMCA NATIONAL LC SWIMMING CHAMPIONSHIP

---

### START OF DAY 3 - THURSDAY

*Day's Event: Women's 100 Meter Backstroke*  
*Day's Event: Men's 100 Meter Backstroke*  
*Day's Event: Women's 50 Meter Breaststroke*  
*Day's Event: Men's 50 Meter Breaststroke*  
*Day's Event: Women's 400 Meter I.M.*  
*Day's Event: Men's 400 Meter I.M.*  
*Day's Event: Women's 200 Meter Freestyle*  
*Day's Event: Men's 200 Meter Freestyle*  
*Day's Event: Women's 200 Meter Medley Relay*  
*Day's Event: Men's 200 Meter Medley Relay*

6:00AM-8:15AM **COACHES:** Competition Pool Open Prelims Warm-up  
7:00AM-11:00AM **COACHES:** Team, Coaches, College Coaches Check-in – Level 0: WEST GYM  
7:00AM-11:00AM **SPECTATORS:** Pre-order Ticket Pick up - Level 1: Spectator Entrance  
7:00AM-11:00AM **SPECTATORS:** Ticket Sales - Level 1: Spectator Entrance  
7:00AM **OFFICIALS:** Picture – Level 1: Spectator Stands  
7:00AM **SPECTATORS:** Stands Opens for Spectators - Level 1: Spectator Entrance  
7:15AM **OFFICIALS:** Officials/Timers Meeting & Officials Check-in - Level B: AP Class (Officials) Room  
7:30AM-10:00AM **COACHES:** Time Trial Table Open - Level B: Room across from instructional pool  
7:30AM **COACHES:** Relay Table Open - Level B: Room across from instructional pool  
7:30AM **COACHES:** Scratch Table Open - Level B: Room across from instructional pool 8:15AM  
**ALL:** Clear Pool & Devotion and National Anthem  
**8:25AM** **ALL: SENIOR RECOGNITION**  
**8:30AM** **ALL: PRELIMS START**

### TIME TRIALS START - 30 Minutes After Prelims

#### Scheduled Time Trial Events

100 Meter Backstroke; 200 Meter Freestyle; 400 Meter Ind. Medley; 50 Meter Breaststroke  
50 Meter Freestyle; 50 Meter Butterfly; 100 Meter Breaststroke; 400 Meter Freestyle

### 4:00PM

### Evening - Day 3

4:00PM **COACHES:** Pool Opens for Finals Warm-up  
4:00PM-7:00PM **SPECTATORS:** Ticket Sales - Level 1: Spectator Entrance  
4:00PM **SPECTATORS:** Stands Opens for Spectators - Level 1: Spectator Entrance  
4:00PM **COACHES:** Relay Table, Time Trials Table Open - Level B: Room across from instructional pool  
4:00PM-5:00pm **COACHES:** Scratch Table Open - Level B: Room across from instructional pool  
4:15PM **OFFICIALS:** Officials/Timers Meeting & Officials Check-in - Level B: AP Class (Officials) Room  
5:00PM-6:00PM **COACHES:** Team, Coaches, College Coaches Check-in – Level 0: WEST GYM  
5:00PM **ALL:** Clear Pool & Devotion and National Anthem  
**5:15PM** **ALL: FINALS START WITH C, B, A HEATS**  
  
**8:10PM** **ALL: Estimated Session End Time**



# SCHEDULE OF ACTIVITIES

## 2019 YMCA NATIONAL LC SWIMMING CHAMPIONSHIP

---

### START OF DAY 4 - FRIDAY

*Day's Event: Women's 400 Meter Freestyle*

*Day's Event: Men's 400 Meter Freestyle*

*Day's Event: Women's 50 Meter Butterfly*

*Day's Event: Men's 50 Meter Butterfly*

*Day's Event: Men's 100 Meter Breaststroke*

*Day's Event: Women's 100 Meter Breaststroke*

*Day's Event: Men's 50 Meter Freestyle*

*Day's Event: Women's 50 Meter Freestyle*

*Day's Event: Women's 800 Meter Freestyle Relay (Prelims fastest to slowest - Top seeded 2 heats swim at Finals Session)*

*Day's Event: Men's 800 Meter Freestyle Relay (Prelims fastest to slowest - Top seeded 2 heats swim at Finals Session)*

6:00AM-8:15AM

**COACHES:** Competition Pool Open Prelims Warm-up

7:00AM-11:00AM

**COACHES:** Team, Coaches, College Coaches Check-in - Level 0: WEST GYM

7:00AM-11:00AM

**SPECTATORS:** Ticket Sales - Level 1: Spectator Entrance

7:00AM

**SPECTATORS:** Stands Opens for Spectators - Level 1: Spectator Entrance

7:15AM

**OFFICIALS:** Officials/Timers Meeting & Officials Check-in - Level B: AP Class (Officials) Room

7:30AM-10:00AM

**COACHES:** Time Trial Table Open - Level B: Room across from instructional pool

7:30AM

**COACHES:** Scratch Table Open - Level B: Room across from instructional pool

7:30AM

**COACHES:** Relay Table Open - Level B: Room across from instructional pool

8:15AM

**ALL:** Clear Pool & Devotion and National Anthem

**8:30AM**

**ALL: PRELIMS START**

### TIME TRIALS START - 30 Minutes After Prelims

#### Scheduled Time Trial Events

50 Meter Freestyle; 50 Meter Butterfly; 100 Meter Breaststroke; 400 Meter Freestyle;

200 Meter Butterfly; 100 Meter Freestyle; 200 Meter IM; 50 Meter Backstroke

### 4:00PM

### Evening - Day 4

4:00PM

**COACHES:** Pool Opens for Finals Warm-up

4:00PM-7:00PM

**SPECTATORS:** Ticket Sales - Level 1: Spectator Entrance

4:00PM

**SPECTATORS:** Stands Opens for Spectators - Level 1: Spectator Entrance

4:00PM

**COACHES:** Relay Table, Time Trials Table Open - Level B: Room across from instructional pool

4:00PM-5:00pm

**COACHES:** Scratch Table Open - Level B: Room across from instructional pool

4:15PM

**OFFICIALS:** Officials/Timers Meeting & Officials Check-in - Level B: AP Class (Officials) Room

5:00PM-6:00PM

**COACHES:** Team, Coaches, College Coaches Check-in - Level 0: WEST GYM

5:00PM

**ALL:** Clear Pool & Devotion and National Anthem

**5:15PM**

**ALL: FINALS START WITH C, B, A HEATS**

**8:15PM**

**ALL: Estimated Session End Time**



# SCHEDULE OF ACTIVITIES

## 2019 YMCA NATIONAL LC SWIMMING CHAMPIONSHIP

---

### START OF DAY 5 - SATURDAY

*Day's Event: Women's 200 Meter Butterfly*  
*Day's Event: Men's 200 Meter Butterfly*  
*Day's Event: Women's 100 Meter Freestyle*  
*Day's Event: Men's 100 Meter Freestyle*  
*Day's Event: Women's 200 Meter I.M.*  
*Day's Event: Men's 200 Meter I.M.*  
*Day's Event: Women's 50 Meter Backstroke*  
*Day's Event: Men's 50 Meter Backstroke*  
*Day's Event: Women's 400 Meter Freestyle Relay*  
*Day's Event: Men's 400 Meter Freestyle Relay*  
*Day's Event: Women's 800 Meter Freestyle*  
*Day's Event: Men's 800 Meter Freestyle*

6:00AM-8:15AM **COACHES:** Competition Pool Open Prelims Warm-up  
7:00AM-11:00AM **COACHES:** Team, Coaches, College Coaches Check-in – Level 0: WEST GYM  
7:00AM-11:00AM **SPECTATORS:** Ticket Sales - Level 1: Spectator Entrance  
7:00AM **SPECTATORS:** Stands Opens for Spectators - Level 1: Spectator Entrance  
7:15AM **OFFICIALS:** Officials/Timers Meeting & Officials Check-in - Level B: AP Class (Officials) Room  
7:30AM-10:00AM **COACHES:** Time Trial Table Open - Level B: Room across from instructional pool  
7:30AM **COACHES:** Relay Table Open Level B: Room across from instructional pool  
8:15AM **ALL:** Clear Pool & Devotion and National Anthem  
**8:30AM ALL: PRELIMS START**

### TIME TRIALS START - 30 Minutes After Prelims

#### Schedule Time Trial Events

200 Meter Butterfly; 100 Meter Freestyle; 200 Meter Ind. Medley; 50 Meter Backstroke  
200 Meter Backstroke; 100 Meter Butterfly; 200 Meter Breaststroke

### 4:00PM Evening - Day 5

4:00PM **COACHES:** Pool Opens for Finals Warm-up  
4:00PM-7:00PM **SPECTATORS:** Ticket Sales - Level 1: Spectator Entrance  
4:00PM **SPECTATORS:** Stands Opens for Spectators - Level 1: Spectator Entrance  
4:00PM **COACHES:** Relay Table Open - Level B: Room across from instructional pool  
4:15pm- 5:15pm **COACHES:** College Coaches Check-in – Level 0: WEST GYM  
4:15PM **OFFICIALS:** Officials/Timers Meeting - Level B: AP Class (Officials) Room  
5:00PM **ALL:** Clear Pool & Devotion and National Anthem  
**5:10PM ALL: COACH OF THE MEET AWARD**  
**5:15PM ALL: FINALS START WITH C, B, A HEATS**  
  
**8:45PM ALL: Estimated Session End Time**